

Emotional CPR (eCPR)

Goal: to train people to assist others through an emotional crisis and to make this practice accessible to people around the world



What comes from the heart goes to the
heart..

~ Samuel Taylor Coleridge





What is eCPR?

A public health education program which prepares members of the public to assist a person who is experiencing an emotional crisis

Why eCPR?

- There is a vast and compelling need for the general public to learn how to assist any person who is experiencing an emotional crisis.
- Just as a person's physical heart needs attention in a cardiac crisis, a person's **emotional heart** needs attention in an emotional crisis.

eCPR is a form of *heart-to-heart connection* for emotional resuscitation.



The three elements of the practice of eCPR

C = **Connect** with Compassion and Concern to open up Communication

P = **emPower** to experience Passion, Purpose, and Participation in Planning

R = **Revitalize** one's sense of belonging in community through Reestablishing equilibrium and balance and Reconnecting to Relationships, Routines, and Roles

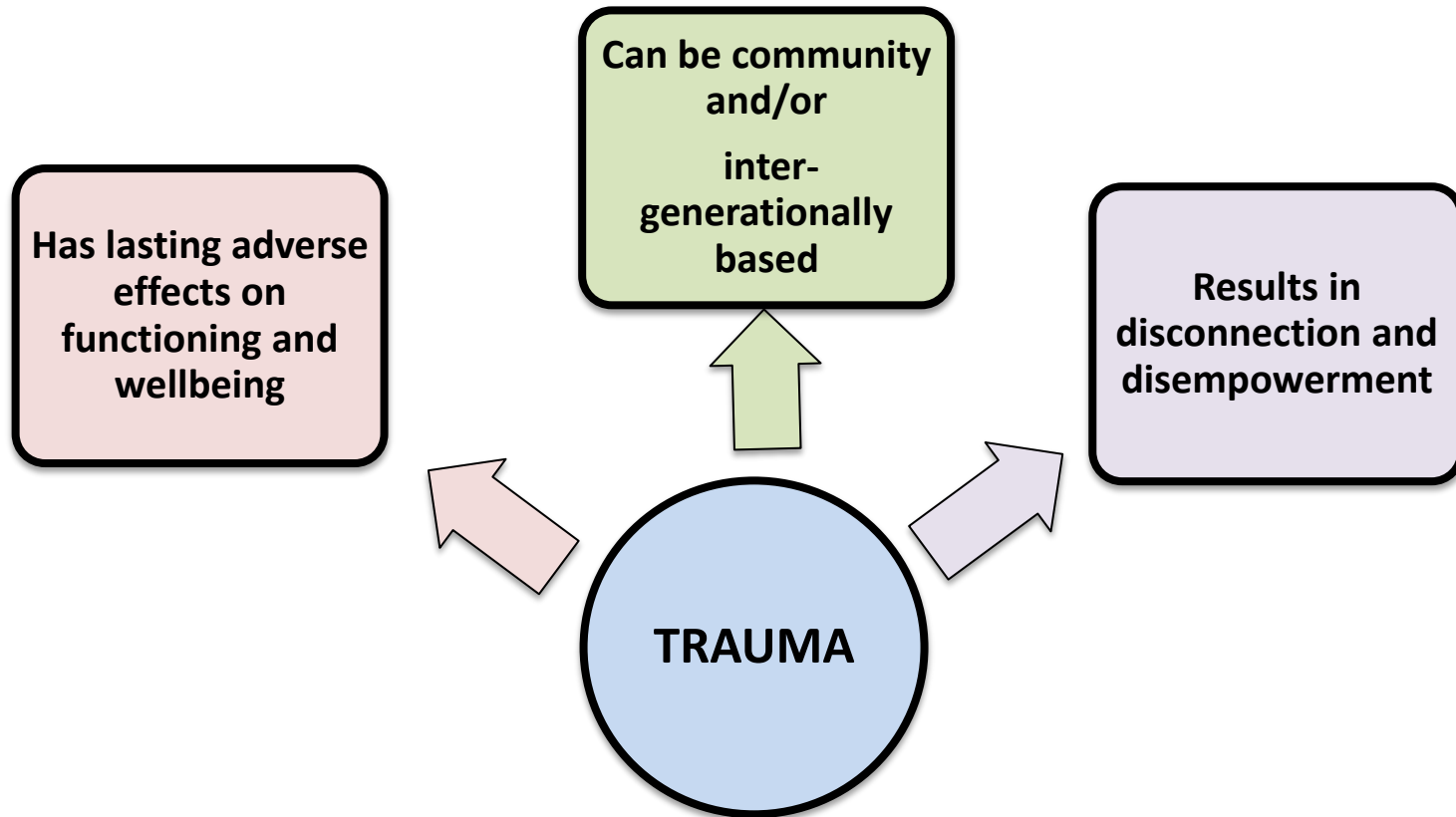


Foundations of eCPR

- 1. Trauma-Informed**
- 2. Mutual Support**
- 3. Community Inclusion**
- 4. Strengths-Based**
- 5. Relational Safety**
- 6. Ten Components of Recovery (SAMHSA)**
- 7. Cultural Empathy**
- 8. Dialogical Theory and Practice**



What is a Trauma-Informed Approach (TIA)?





Suicide Prevention and eCPR

- ✓ Restoring hope and regaining a sense of possibility
- ✓ Developing any plans together: Collaboration not coercion

Some questions you might ask:

- What has happened to cause you to feel this way?
- How can I support you right now?
- Has anything or anyone helped you in the past when you've felt this way?

Trapped in Monologue

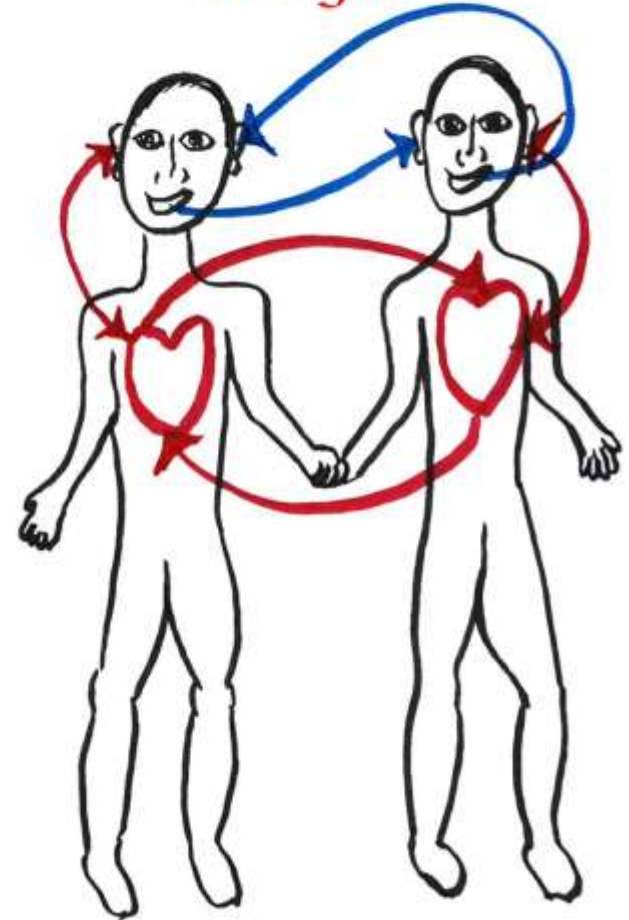


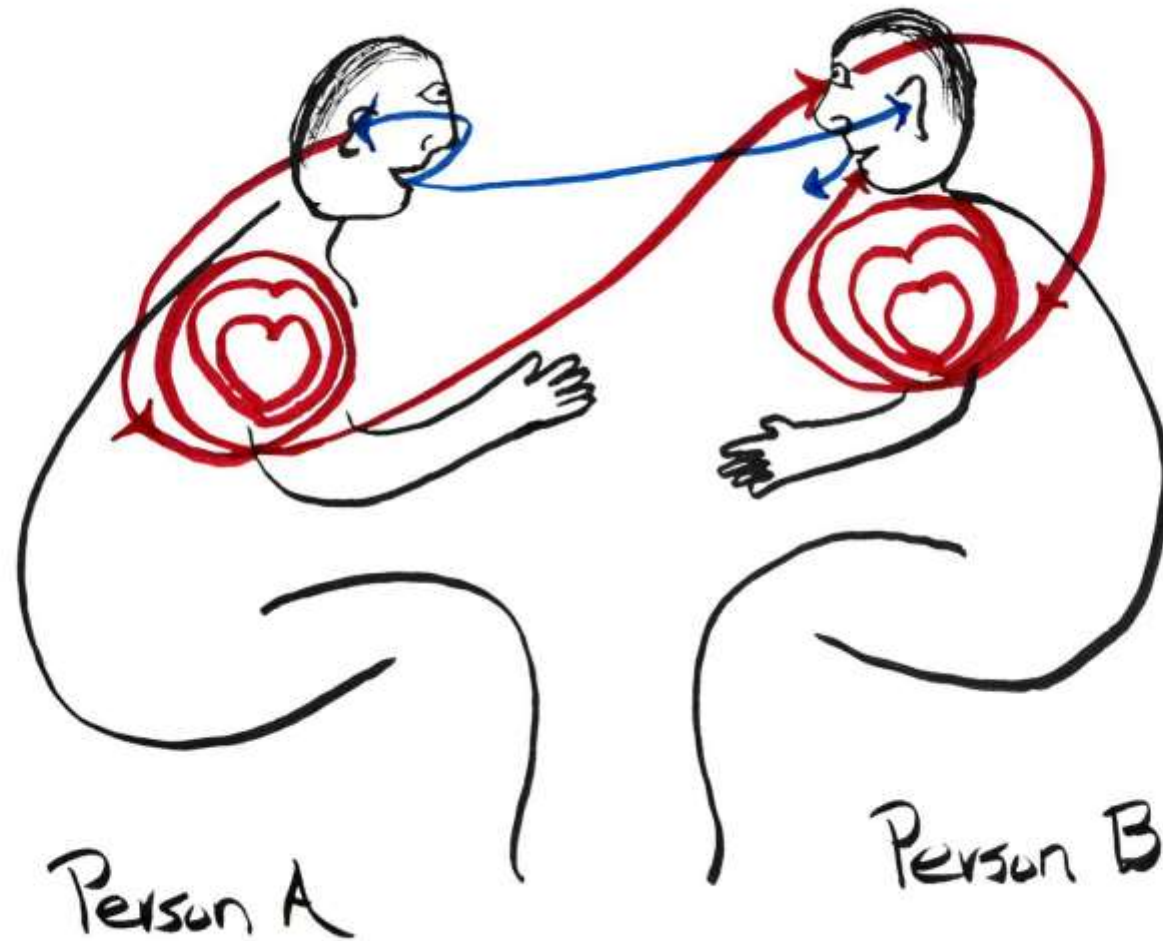
Trauma / Loss



*Connection
empowerment
Revitalization*

*Heart to Heart
Dialogue*





Two Persons in Dialogue (Andersson, T. 2006)



The Chinese character for
the verb to listen



Six Features of Dialogue*

1. Use your **authentic** voice
2. **Listen** together
- 3(a). **Respect** the whole person
- 3(b). **Respect** and embrace differences
4. Keep an **open mind/Suspend** your belief
5. Dialogue is **heart-to-heart**
6. **Equality** and freedom of choice

*Features 1-4: W. Isaacs, 1999; Feature 5: Daniel B. Fisher; Feature 6: Yankelovich, 2001.
(page 10 in workbook)

Emotional CPR (INTENTIONS)

1

*I WILL USE MY EYES, MY EARS AND MY HEART TO FEEL
YOUR PRESENCE IN MY BEING (Connecting)*

2

*I WILL SHARE MY EMOTIONAL RESPONSE IN BEING WITH
YOU, AND I WILL STAY WITH YOU (Connecting)*

3

*I WILL NOT FIX YOU OR JUDGE YOU
BUT BE WITH YOU (emPowering)*

4

*I AM NOT SURE WHAT IS BEST FOR YOU BUT TOGETHER
WE WILL UNCOVER YOUR POWER (emPowering)*

5

*WE ARE CREATING LIFE TOGETHER IN THE PRESENT
MOMENT (Revitalizing)*



Being Prepared to Provide eCPR

A. Internal eCPR: Taking care of ourselves, being centered, grounded, relaxed, in touch with our inner self

Wellness practices: meditation, exercise

Participating in a loving community

B. Learning to "be with" the strong emotions expressed by a person in distress

Opening our heart and our mind to what the person in distress is expressing.

Encouraging self-expression as an essential component of the healing process.



C = Connect

Why is it important to be your real, authentic self?

- ♥ In crisis, that is what is most important – a gift, a tool, a way to be.
- ♥ It gives the other person permission to experience their “realness.”
- ♥ We are often hidden behind a mask. Our real selves are yearning for expression.
- ♥ Often a crisis occurs because the real self hasn't been allowed to surface. Much distress is what preceded it; the event gives an opening.
- ♥ We can be with people so their real selves are comfortable.



Essential Connecting Processes

- a. Cultivating a hopeful and positive attitude, especially regarding the future
- a. Knowing when to offer the “gift of verbal silence” (while richly communicating nonverbally)
- a. Creating an emotionally safe relationship and communicating care
- a. Listening and staying present on a deep level
- b. Practicing curious inquiry and open-mindedness



Essential Connecting Processes (cont.)

- f. Being attuned to the other person's feelings and emotions while remaining centered and grounded in your sense of self
- g. Being willing to step out of your comfort zone to "be" with another person
- g. Taking into account any barriers and opportunities affecting the connecting process
- g. Meeting people where they are
- g. Willingness to share one's own emotions without overwhelming the person in distress



P = emPower

- ♥ As the individual in emotional crisis begins to feel safe and is able to speak it is important that they begin experiencing their capacity to return to life in the community.
- ♥ As a supporter we want to invite people to remember that they have power and they can access that power in their lives.
- ♥ We are more capable and resourceful than we may feel – this realization enables people to shift from distress to power and passion.



Essential emPowering Processes

- a. Collaborating (“powering with”) rather than directing (“powering over”)
- b. Facilitating access to inner wisdom
 - a. Inspiring motivation and change
 - a. Facilitating the transformation of anger and/or fear into passion and strength

(page 33 in workbook)



Essential emPowering Processes (cont.)

- e. Helping tap into courage and power
- f. Sensitive reframing crisis as opportunity
- g. Encouraging self-determination, such as by asking what “help” looks like



R = Revitalize

- ♥ Encourage the person to begin to engage in relationships, to resume or begin roles in their family or community.
- ♥ “You need to give to life to get a life.”
- ♥ Emotional distress provides people with an opportunity to make a change in their lives.
- ♥ It may be a time of searching for meaning or purpose.



Essential Revitalizing Processes

- a. Helping to identify and connect to the “vital center” that brings meaning and purpose to a person’s life
- b. Encouraging another to take small steps in the direction of their dreams
- c. Facilitating connections in the community to enhance or reestablish roles, relationships, and routines



Essential Revitalizing Processes (cont.)

- d. Helping another to experience a sense of liveliness returning after being emotionally numb
- e. Encourage expression of a creative outlet

Thank you!



Websites:

eCPR: www.emotional-cpr.org

E-mail: info@emotional-cpr.org

Phone: (877) 246-9058 (Toll Free)

Direct line (Spanish/English): (714) 948-3513

National Empowerment Center (NEC):

www.nationalempowermentcenter.org

National Coalition Mental Health Recovery (NCMHR) www.ncmhr.org